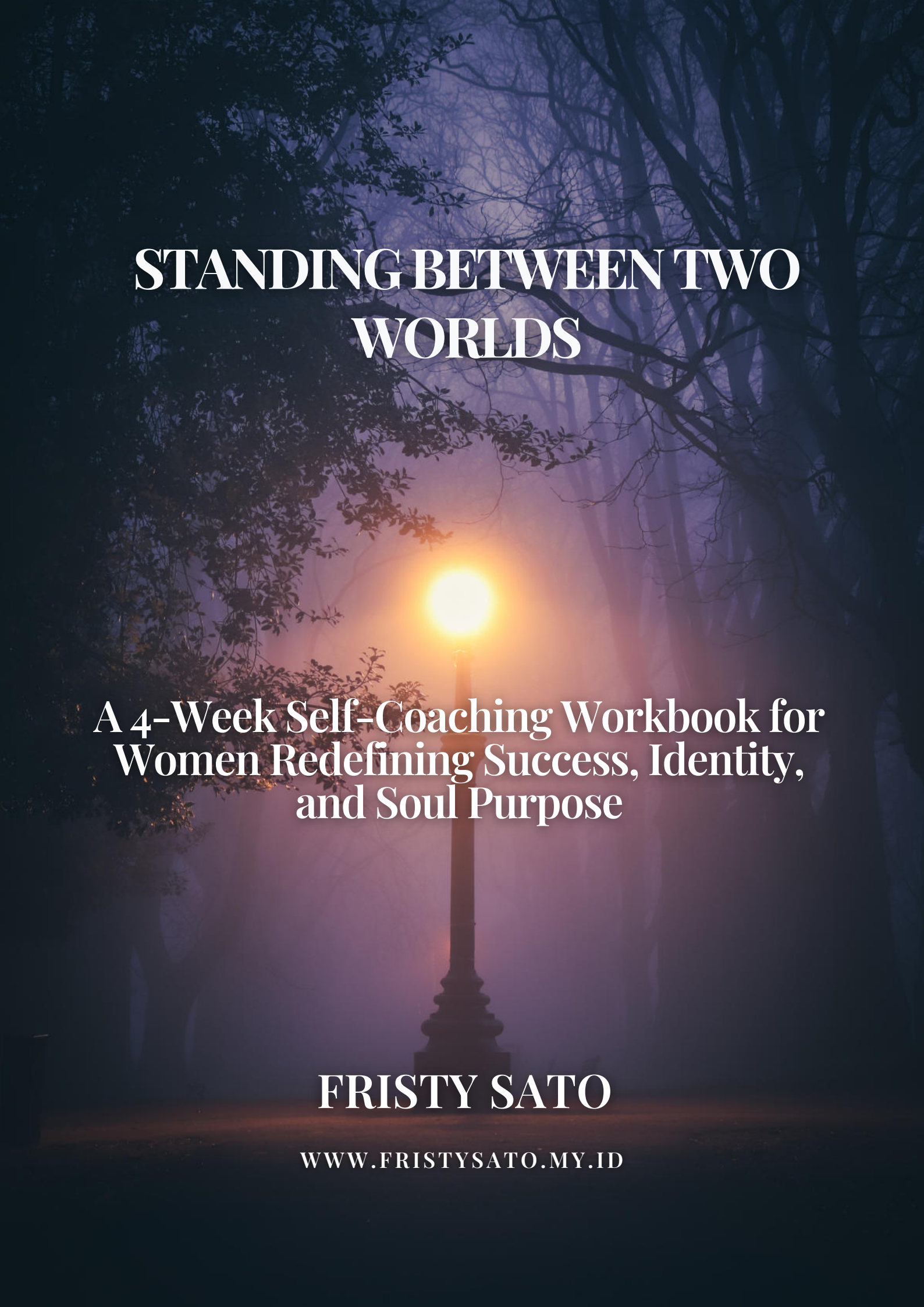

STANDING BETWEEN TWO WORLDS

A 4-Week Self-Coaching Workbook for Women Redefining Success, Identity, and Soul Purpose

FRISTY SATO

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Standing Between Two Worlds

A 4-Week Self-Coaching Workbook for Women Redefining Success, Identity, and Soul Purpose

Written by Fristy Sato

Divine Feminine Leadership Initiator

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Standing Between Two Worlds

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While the practices and information shared can be profoundly transformative, individual results may vary. It is always recommended to consult with qualified professionals for any health or well-being concerns. By engaging with this material, you acknowledge that you are responsible for your own well-being and choices.

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Table of Contents

A Note from Fristy 4
WEEK 1 – Remember Where You Came From 5
Journal Prompts: The Past Contract 5
Practice: Anchoring Your Center 5
WEEK 2 – Redefine Success on Your Terms 7
Journal Prompts: The Sovereign Metric 7
Practice: Installing the New Anchor 8
WEEK 3 – Meet the Flood (Your Emotional Wisdom) 9
Journal Prompts: The Message, Not the Mistake 9
Practice: Softening and Releasing 9
WEEK 4 – Step Into the New Story 11
Journal Prompts: The Bold Move 11
Practice: Timeline Integration 12
Closing Ritual: The Unfinished Power 12
Reflection and Notes Section 13
Your Next Sacred Step: From Survival to Sovereignty 14
Apply Now for the THRIVE Feminine Leadership Immersion 14
Get Your Free Gift! 15
Divine Feminine Wealth Activation 15
Get Your Free Gift! 17
The Unapologetic Radiance Guidebook 17
A Note of Gratitude 19
About Fristy Sato 20
Check Out My Books! 21
The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires 21
When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love 23
Your Path Forward 25
BEGIN YOUR JOURNEY NOW! 26

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A Note from Fristy

Welcome,

Fristy Sato here. For those who haven't met me yet—I'm a certified Life Coach in Neuro-Linguistic Programming, a Certified ThetaHealing® Practitioner, and a Certified Practitioner in Time Line Therapy®.

For years I believed achievement was the same as peace. I chased degrees, recognition, and a picture-perfect career abroad. On paper, I looked successful. Inside, I was exhausted and disconnected.

Moving to Japan became my mirror: the hustle, the pressure to prove, the loneliness under the surface. It all cracked open the deeper truth—I wasn't broken; I was simply unmothered inside myself.

Through trauma-informed healing, inner-child work, and embodiment, I began leading from presence instead of perfection. That path became what I now call Divine Feminine Leadership—leading with intuition, clarity, and compassion, like a mother guiding life itself.

This workbook is your invitation to walk that same path.

Let's get straight to the truth.

You're here because you've outgrown the old version of you—the one who chased stability, approval, or predictable success. You feel a deeper pull, a magnetic craving for something more aligned, more honest, more *you*.

Right now, it feels like you're **straddling two worlds**: the safe path you've known, and the soulful, wild path you crave. That in-between space is beautiful, but it can feel confusing.

This workbook is your gentle, grounded guide through that necessary **transition**. We are not rushing to a finish line; we are simply anchoring clarity, restoring confidence, and allowing a more sovereign identity to be born.

There is no failure in transition—only evolution.

Yours in clarity,

Fristy Sato | Divine Feminine Leadership Initiator
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WEEK 1 – Remember Where You Came From

Theme: Reconnecting with your roots without getting stuck there. We honor the past self without allowing her to define the future self.

Journal Prompts: The Past Contract

What stories or labels from my past (e.g., "The Good Girl," "The Provider," "The Fixer") still shape how I see success today?
When I think about “home” or my lineage, what emotions or expectations (e.g., duty, obligation, comfort) arise?
What part of my old identity still wants to be thanked or witnessed before I can fully let her rest?
Where in my current life do I still perform instead of simply being?

Practice: Anchoring Your Center

- **Grounding Breath:** Inhale through the nose for 4 counts, exhale through the mouth for 6. Imagine roots growing from your feet into the earth—steady, supported, safe.
- **Reframe:** Say quietly, **“I can visit my past without belonging to it.”**

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Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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WEEK 2 – Redefine Success on Your Terms

Theme: Let go of the need to prove; begin leading from unshakeable alignment. We are replacing external standards with an internal feeling state.

Journal Prompts: The Sovereign Metric

What version of success—the one based on hustle, metrics, or comparison—am I ready to retire for good?
What does “enough” feel like in my physical body, separate from my bank account or task list?
Where am I waiting for outside validation (from a mentor, a partner, or social media) before I move?
What would I create if I genuinely didn’t need anyone’s permission?

Notes:

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Practice: Installing the New Anchor

- **NLP Anchor:** Touch your wrist and repeat, **“I am already the woman I’m becoming.”**
- **Visualization:** Picture two paths—one paved and crowded (the old way), one wild and green (the soul path). Notice which feels like freedom. Step onto it in your mind.

Redefining success on a soul level often means recalibrating your relationship with material wealth and worth. For more on this, **Read our essential guide on Healing Your Feminine Wealth Codes**.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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WEEK 3 – Meet the Flood (Your Emotional Wisdom)

Theme: Allow emotional energy to move through instead of controlling or suppressing it. Your emotions are not mistakes; they are messages.

Journal Prompts: The Message, Not the Mistake

Which emotions do I still label as “unproductive” or “too much” in my professional life?
What happens in my body and my clarity when I let myself feel those emotions fully (without judgment)?
What message might my emotions be trying to deliver about my current boundaries or path?
What does my body need to release right now—movement, tears, rest, laughter?

Practice: Softening and Releasing

- **Reiki Hand Placement:** Place one hand on your heart and one on your belly. Whisper, **“It’s safe to feel. It’s safe to soften.”**

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- **Micro-movement:** Shake out hands, roll shoulders, hum or sigh. Let the trapped energy flow instead of freeze.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights.

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WEEK 4 – Step Into the New Story

Theme: Integration—embodying the woman who leads with soul. We are bridging the gap between who you were and who you are becoming.

Journal Prompts: The Bold Move

What single truth about myself (my desire, my energy, my vision) am I finally ready to live out loud?
What single truth about myself (my desire, my energy, my vision) am I finally ready to live out loud?
Which daily rituals help me stay connected to my essence and prevent me from slipping back into the old world?
If I trusted that I was completely guided and supported, what bold move would I take next?

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Practice: Timeline Integration

- **Timeline Visualization:** Imagine walking from your old self toward your future self. She smiles, hands you a single word. What is it? Write it down and keep it close this week.

Closing Ritual: The Unfinished Power

- Light a candle or place a hand on your heart and say aloud: **“I am allowed to be powerful and unfinished at the same time.”**

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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Reflection and Notes Section

This space is for you to jot down any thoughts, feelings, or insights that arise during your exercises. Reflect on your progress, challenges, and any shifts in your perspective towards self-love and loving kindness.

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Your Next Sacred Step: From Survival to Sovereignty

You've held yourself with grace in the space between. You've defined your new metric for success.

The final step is to anchor this sovereign identity so you never have to go back. This transition isn't just about journaling; it's about deeply regulating your nervous system and clearing the energetic field of old contracts.

If you are ready to stop straddling two worlds and fully embody your soul-aligned legacy, you have two pathways home:

The THRIVE Feminine Leadership Immersion is the 90-day high-touch container where we dissolve old patterns and anchor your new identity in unshakeable truth.

Apply Now for the THRIVE Feminine Leadership Immersion

Note: Only 5 spots are available per quarter.

I am holding the space for your arrival.

With love,

Fristy

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Get Your Free Gift!

Divine Feminine Wealth Activation

Your Clear Path to Reclaim Your Financial Flow and Manifest Sacred Prosperity.

This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of scarcity** that may be holding you back.
- **Deconstruct inherited and learned patterns** that have unknowingly blocked your abundance flow.
- **Discover the true essence of Divine Feminine Wealth**—it's more than just money; it's a sacred energy for impact and purpose.
- Begin to **Transform your relationship with money** through grounded practices for financial safety and energetic boundaries.
- **Uncover your unique abundance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with this "Divine Feminine Wealth Activation" workbook are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their financial flow and manifest sacred prosperity with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound abundance.

Ready to Reclaim Your Abundance?

Get Your FREE "Divine Feminine Wealth Activation" Guidebook Now!

You can get your copy HERE.

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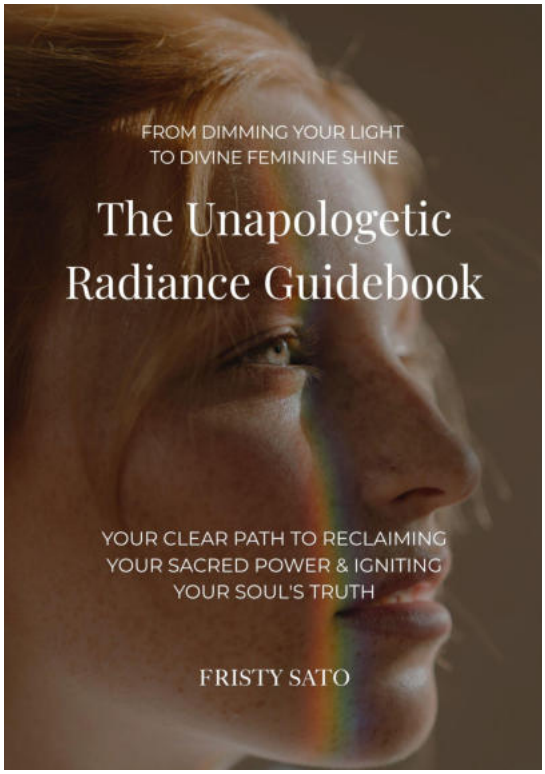
Get Your Free Gift!

The Unapologetic Radiance Guidebook

Your Clear Path to Reclaiming Your Sacred Power & Igniting Your Soul's Truth.



This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of fear and self-doubt** that may be subtly dimming your light.
- **Deconstruct inherited and learned patterns** that have unknowingly kept you playing small or seeking external validation.
- **Discover the true essence of Divine Feminine Radiance**—it's more than just being seen; it's a sacred frequency for impact and purpose.
- Begin to **Transform your relationship with visibility** through grounded practices for inner safety and energetic boundaries.
- **Uncover your unique radiance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with "The Unapologetic Radiance Guidebook" are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their authentic presence and ignite their soul's truth with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound self-expression.

Ready to Reclaim Your Radiance?

Get Your FREE "The Unapologetic Radiance Guidebook" Now!

You can get your copy HERE.

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A Note of Gratitude

This work wouldn't be possible without the wise women, spiritual teachers, and mystics who came before me. Their wisdom is what built the foundation of the **THRIVE Method**. I'm forever grateful for them.

To my own mentors, thank you for holding the space for my own journey and for always guiding me with a firm, loving hand.

Finally, to you, the reader—thank you. Thank you for being so brave and for showing up for yourself. The world is a better place because you're doing this work.

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About Fristy Sato

Fristy Sato is a Divine Feminine Leadership Activator, a guide for women who are ready to become leaders. She helps them tap into their feminine power and lead with confidence. Her work is a journey that helps women master their energy, heal from the past, and embrace who they truly are.

Fristy's goal is to help women move beyond pain and reclaim their power. She guides them toward a life of peace, prosperity, and clear purpose. She uses a kind, grounded, and empathetic approach, creating a safe and clear space for real transformation.

She helps women build unshakeable confidence that comes from within. Her programs aren't just courses; they're designed to help you remember your soul's deepest truth and give you a practical way to rise up and lead.

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Check Out My Books!

I've channeled more wisdom into these sacred offerings. These books are designed to meet you exactly where you are and guide you through the intricate layers of healing and alignment. They illuminate the next steps on your path to becoming the most authentic, radiant, and powerfully manifested version of yourself.

The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires

UNLOCK THE SECRET TO MANIFESTATION
THAT ALIGNS WITH YOUR SOUL'S PURPOSE
The
Conscious
Manifestation
Journal
This transformative journal blends manifestation techniques, subconscious healing, and structured goal-setting to help you turn your biggest dreams into reality—one aligned step at a time.
FRISTY SATO

You've tried manifestation. You've made vision boards. You've repeated affirmations. But something still feels off. This journal is your guide if you're ready to move beyond wishful thinking and into the deep, soul-aligned work of co-creation. It's for the leader ready to heal subconscious blocks, align with her soul's true mission, and manifest her biggest dreams into reality, one grounded step at a time.

Discover More and Purchase Your Copy HERE!

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What Readers Are Saying:

I've read countless books on manifestation—but nothing has felt as grounded, practical, and deeply transformational as The Conscious Manifestation Journal. Fristy Sato don't just repackage the usual "think positive" advice. Instead, they take you into the real work: healing, shadow integration, inner child connection, and actionable, aligned steps that actually move your life forward.

What makes this journal stand out is how holistic and structured it is. The project management-inspired tools helped me take vague dreams and turn them into clear, achievable goals. And the emotional healing work—especially the exercises on forgiveness, limiting beliefs, and self-sabotage—created shifts I've been trying to unlock for years.

I finally feel like I'm not trying to force the universe, but co-creating with it in a way that feels natural and true to who I really am. If you're tired of fluffy LOA advice and ready to align your desires with your soul's path—this is the journal you've been waiting for. Truly a sacred, empowering, and life-changing guide.

— Sarah., Life Coach

"Fristy's guidance has been a beacon. Her teachings on energetic sovereignty transformed my fear of visibility into a quiet confidence I never knew I possessed. I'm finally showing up in my business, unapologetically radiant."

— Evelyn., Manager

"I used to feel exhausted just thinking about my finances. After working with Fristy's methods, I feel a profound sense of ease and an almost magical flow of abundance. Her work is truly life-changing and deeply sacred."

— Erika., Healer

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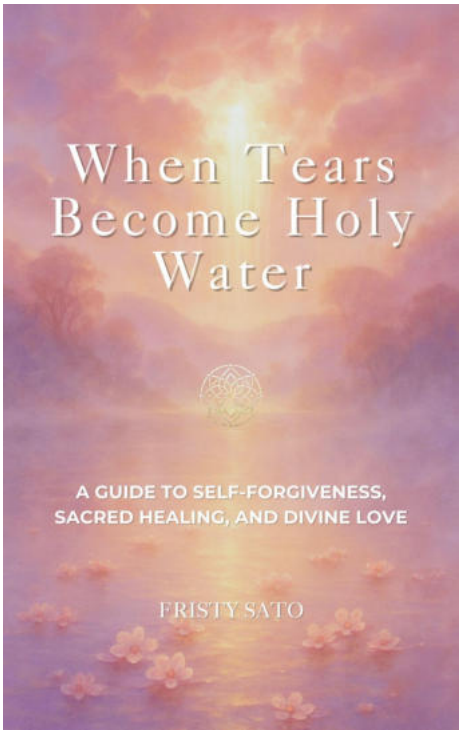
When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love



What if your tears weren't a sign of failure—but a sacred invitation back to yourself? If the journey of healing and self-compassion calls to you, this book is a profound companion. It's for the sensitive, introspective soul longing to reconnect with her inner child, release unspoken shame, and forgive herself, others, and even God. This is not a step-by-step guide to "fix" your life; it's an invitation to sit with your truth and find out it's still holy. Embrace a softer, embodied approach to healing and discover the grace that has always been holding you.

Discover More and Purchase Your Copy HERE!

What Readers Are Saying:

"As someone who has struggled with family wounds and spiritual confusion, I felt seen in every chapter. The three-act structure made it so easy to follow: forgiving God, forgiving myself, forgiving others. I've never read a book that so beautifully integrates personal story with spiritual practice. This is the book I'll be gifting to every woman I know."

— Sofia., Entrepreneur

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This book found me exactly when I needed it. I didn’t realize how much shame and guilt I was still carrying until I started reading When Tears Become Holy Water. Fristy’s words felt like a hand on my heart. She doesn’t just teach forgiveness—she lives it. This is more than a book. It’s a healing experience. I cried, I journaled, and for the first time in years, I truly forgave myself.

— Sheena., Trauma Survivor & Meditation Student

I’ve read dozens of personal growth books, but none touched me like this one. Fristy writes with so much tenderness, wisdom, and depth. Her story is raw, relatable, and radiant. The mirror ritual alone changed my relationship with my inner child. If you're on a journey of healing, this book is your companion.

— Melissa R., Therapist & Energy Healer

Fristy writes with a voice that’s both nurturing and powerful. She doesn’t sugarcoat the healing journey, but she shows you how every tear is sacred. This book helped me forgive people I never thought I could—and most importantly, it helped me forgive myself. It’s a must-read for anyone walking the path of spiritual growth and emotional freedom.

— Nina H., Spiritual Entrepreneur

I couldn’t put this book down. Fristy’s journey through rage, grief, and spiritual awakening is not just inspiring—it’s transformative. I felt like I was sitting in a healing session just by reading. Her blend of journal reflections, meditations, and lived wisdom is unmatched. I’ll be rereading this one for years to come.

— Jasmine A., Holistic Wellness Practitioner

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Your Path Forward

Connect with Fristy on Social Media:

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

Receive daily inspirations, clear transmissions, and updates designed to support your journey.

Explore More Offerings & Wisdom: https://www.fristysato.my.id/

Discover the full THRIVE Method™ from free resources to high-ticket mentorships—each designed to provide a clear path to your next level of embodiment.

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BEGIN YOUR JOURNEY NOW!

For more wisdom of Divine Feminine Leaders, visit:

Fristy Sato Official Website: https://www.fristysato.my.id/

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

May your radiance shine forth with clarity and purpose. The world awaits your light.

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